

# The U.S. National Physical Activity Plan

## Dissemination and Use by Public Health Practitioners

Kelly R. Evenson, PhD, MS, Ross C. Brownson, PhD, Sara B. Satinsky, MCRP, MPH,  
Amy A. Eyler, PhD, Harold W. Kohl III, PhD

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### Appendix A

#### Description of the National Society of Physical Activity Practitioners in Public Health survey and administration

The questionnaire consisted of items to assess respondents' awareness and use of the NPAP, its integration with state plans, its implementation, and barriers to its diffusion, as well as awareness of the separate implementation plan. Respondents were assigned to one of four U.S. census regions based on their state address (Midwest, Northeast, South, West; [www.census.gov/geo/www/us\\_regdiv.pdf](http://www.census.gov/geo/www/us_regdiv.pdf)).

The executive director of the National Society of Physical Activity Practitioners in Public Health (NSPAPPH) introduced the survey to attendees at the organization's national conference in June 2011, and invited members to complete paper versions onsite. Subsequently, each member was e-mailed a link to the online survey (using Qualtrics: [www.qualtrics.com/](http://www.qualtrics.com/)). Nonrespondents were sent an e-mail reminder and received up to three phone call attempts. The Internet was searched and calls placed as needed to find replacement e-mail addresses and phone numbers for unreachable members. All surveys were completed in June–August 2011.

The total NSPAPPH membership list was 653; surveys were not given to members living outside the U.S. ( $n=17$ ); student members ( $n=38$ ); or members involved with survey development ( $n=7$ ). Also excluded were three members who took the survey, but were students, and 99 members who were never reached by e-mail or phone. Among 492 members, 291 responded to the survey (59%). If the 99 members whose contact information could not be verified are included in the denominator, the response rate was 49% (291/591). Responses of the entire sample ( $n=291$ ) were compared to those of the entire sample minus 36 respondents who completed the survey but noted they were no longer NSPAPPH members ( $n=255$ ). Because results were generally similar, the larger sample results are presented here.

To assess test–retest reliability of the items, at the end of the questionnaire, the authors asked respondents if they were willing to take the survey a second time. In total, 142 volunteered and were contacted on average 4 weeks later to retake the survey; 54 of the 142 participated. Time between completion of the first and second surveys was a median of 30 days (interquartile range: 19–31 days); the mean was 32 days.

## Appendix B

### Descriptive characteristics of survey participants (*n*=245)<sup>a</sup>

Characteristic	<i>n</i>	%	Missing
<b>Length of NSPAPPH membership (years)</b>			12
<1	107	45.9	
1-<2	57	24.5	
2-<3	20	8.6	
≥3	32	13.7	
No longer a member	17	7.3	
<b>Physical activity practitioner (length of time in years)</b>			11
0	80	34.2	
<1	2	0.9	
1-<3	31	13.2	
3-<5	20	8.5	
5-<10	42	17.9	
≥10	59	25.2	
<b>Education</b>			11
Some college or technical school	3	1.3	
College graduate	39	16.7	
Some graduate school	16	6.8	
Masters degree	146	62.4	
Doctoral degree	30	12.8	
<b>Work role</b>			19
State level	98	43.4	
Local level	44	19.5	
Other	84	37.2	
<b>Organization they work for has a formal university affiliation</b>			11
Yes	101	43.2	
No	107	45.7	
Don't know, not sure	26	11.1	
<b>State has a partnership across sectors to address physical activity (yes)</b>	113	52.1	28
<b>U.S. census region<sup>b</sup></b>			0
Northeast	24	9.8	
South	82	33.5	
Midwest	68	27.8	
West	71	29.0	

<sup>a</sup> 46 were excluded due to missing the entire section.

<sup>b</sup> The following definitions of U.S. census regions were used: Northeast (*n*=9): Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont; Midwest (*n*=12): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin; South (*n*=17): Alabama, Arkansas, Washington DC, Delaware, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia; West (*n*=13): Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington state, Wyoming

NSPAPPH, National Society of Physical Activity Practitioners in Public Health